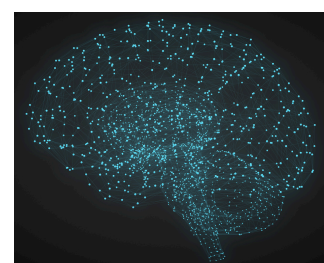


# WHOLE BRAIN LIVING BOOK DIGEST



## CHAPTER 13: PERFECT, WHOLE, AND BEAUTIFUL

*“When we believe that we don’t have any choices, we run on automatic. When we understand the anatomy underlying our choices, not only are we empowered to not just react but we have the ability to make informed decisions. Just as Dr. Maya Angelou affirmed, when we know better, we do better.”*

Jill Bolte Taylor hopes that the framework that she introduced in this book will influence every moment of our lives in a profoundly positive way.

Because change is the most predictable constant in our experience, we need to harness our right brain’s power to keep us grounded, open, flexible, resilient, adaptive and expansive. And to do that, we need to learn how to support our left brain who defaults to “I don’t want that because I don’t feel safe at every turn.”

Our C2 is incredibly valuable and here to lead us away from danger but as our author puts it:

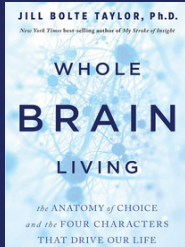
*“C2 is designed to be a warning, not a way of life.”*

Our wiring allows us to feel miserable and it allows us to feel blissful. We get to choose on which cells and circuits we want to rely on on any given day.

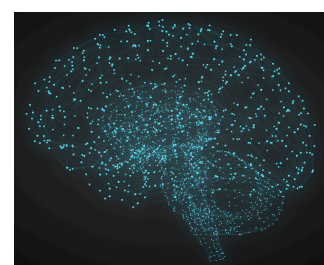
### **Where do we go from here?**

Here are the key moments when Brain Huddles and Characters awareness can be the most life changing:

- When we first wake up (and go to sleep): interestingly all parts of our brain do not wake up (or go to sleep) at the same time, which means that some of our characters might be first or last online.
- When emotions hit
- By noticing our stereotypical four characters moments



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- By randomly tuning in during the day to make sure our characters are supported
- By scheduling a daily brain huddle
- By paying attention to our patterns
- By keeping a character log to build relationships with our characters along the way
- By creating a strategic plan for when we have to meet someone else's C2.

Regarding that last point, Jill Bolte Taylor writes:

*“Past behavior may be the best predictor of our future reactivity, but neuroplasticity is real, and we do have the power to consciously practice new behaviors, creating new habitual responses at the neuroanatomical level.”*

She reminds us that what we need to find peace is to root in our C4, which means that we have to be willing to not let our C1—who would want to be right above all else—run the show. She adds:

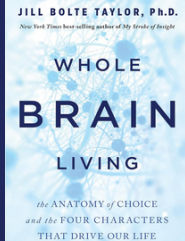
*“If you approach an angry C2 as your C1 who wants to either fix the problem or be right about something, expect the C2's resistance to grow.”*

*“Realizing that you do not have the power to stop a C2 from expressing itself is fundamental, and choosing to recognize that this person is in deep emotional pain may offer you the edge you need to keep them from triggering your own C2 fear.”*

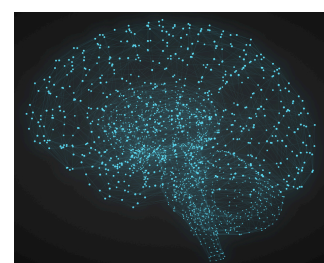
And here's another fact that she wants us to remember:

*“When dominator rather than validated, the energy of a C2's wound circuit will strengthen rather than dissipate, and the upset will fester rather than heal.”*

Our C2s and the C2s of those we love must be validated and should never be abandoned, they need help, not judgment. However, it is also paramount for each and everyone of us to learn how to self-soothe our C2s with the assistance of our C1 and C4s. Because, again, it is really hard to connect with someone else's C2. Ultimately, everyone is responsible for their own.



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“If we want there to be peace in the world...  
we have to be brave enough to soften what is rigid, to find the soft spot and stay with it.  
We have to have that kind of courage and take that kind of responsibility...  
That’s the true practice of peace  
—Pema Chödrön.”

## Perfect, Whole and Beautiful

You’ll find in this last part of the books some messages from our author’s 4C to each other and to us.

And she reminds us that:

*“(...) because our society is skewed to the values of our left brain—which values that which is outside of ourselves more than our whole selves—it has been impossible for many of us to find the true purpose and meaning in our lives.”*

But we can change that now.

“I believe that the more time you spend choosing to run  
the deep inner peace circuitry of your right hemisphere,  
the more peace you will project into the world and the more peaceful our planet will be.

And I still think that’s an idea worth spreading.”